**Coach: Edmond Khoo**

*Coachee S/No.: 501*

*Period of Coaching: April 2019 to July 2020*

*Number of Sessions: 9*

*Number of Hours: 16*

*Average Duration per Session: 1 hour 47 mins*

TESTIMONIAL

*by Coachee who is an Assistant Director, Public Sector Organisation, Singapore*

My coaching sessions with Edmond were enlightening and thought provoking. I loved learning from his wealth of experience. Edmond constantly challenged me to view various aspects of my life with new perspectives. Through his brilliant questioning and active listening techniques, Edmond led me to internalise, reflect and discover answers with expanded thinking or a shifted position. By wearing different lenses and reframing situations, I was able to gain greater awareness and insight. The rapport and trust we had was fantastic. Edmond was so assuring that I had no qualms in sharing openly. He designed each coaching session thoughtfully, summarising the key takeaways in a succinct manner thereafter. The coaching sessions were helpful to me, specifically in managing challenging situations, dealing with difficult people, navigating through a new senior level appointment, and developing specific leadership skills. The coaching also helped me manage other personal circumstances affecting my work such as work-life balance and health.

Amazingly, Edmond unlocked a shackle in life that I had in me for decades. By having a breakthrough in this, I now feel that life is full of unlimited possibilities and my potential unleashed. I am immensely grateful to Edmond with respect to this achievement; a feat that I had never imagined I would be able to overcome, although others may have perceived me to be a strong person. I highly recommend Edmond to anyone who is looking for a coach, for I know that he just has this ability to bring out the best in a person, be it in career or in life.